



Salmon (wild)

**Safe to eat 2 or more meals a week**



Sole

**Safe to eat 2 or more meals a week**



Tilapia

**Safe to eat 2 or more meals a week**



Shellfish

**Safe to eat 2 or more meals a week**



Cod

**Safe to eat 2 or more meals a week**



Sardines  
And anchovies

**Safe to eat 2 or more meals a week**



Tuna Sushi

**Not safe to eat during pregnancy**



Swordfish

**Not safe to eat during pregnancy**



King Mackerel

**Not safe to eat during pregnancy**

**Pregnancy Go Fish!**

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**Pregnancy Go Fish!**



Striped Bass

**Not safe to eat during pregnancy**



Canned white light tuna

**Safe to eat 1 meal a week**

**Pregnancy Go Fish!**

**Pregnancy Go Fish!**